

Classes Spring/Summer 2024

MONTAG

* 6.00 CrossFit OPEN
* 9.00 CrossFit BOX 10.15

* 17.30 CrossFit OPEN

* 19.00 CrossFit BOX 20.30

DIENSTAG

* 6.00 CrossFit OPEN
* 9.00 CrossFit BOX 10.15

* 18.00 CrossFit

* 19.15 Handstand

MITTWOCH

* 6.00 CrossFit OPEN
* 9.00 CrossFit BOX 10.15

* 17.30 CrossFit OPEN

* 19.00 CrossFit BOX 20.30

DONNERSTAG

* 18.00 CrossFit

FREITAG

* 6.00 CrossFit OPEN
BOX 10.45

* 19.30 CrossFit

SAMSTAG

* 9.30 ThreeHills Teens

SONNTAG

* 9.00 CrossFit

